



Lincoln Sailors Say "Good bye" to Home port Everett

By JO2 MICHEAL COOK
Penny Press staff

USS Abraham Lincoln (CVN 72) left its home port of Naval Station Everett, Wash., Monday morning under gray skies and cool temperatures for a routine deployment to the Western Pacific (West-Pac).

After several months of rigorous training to sustain capabilities, Lincoln's crew of approximately 3,300 Sailors are poised to apply the lessons learned in the past to missions of the future.

Lincoln's Commanding Officer, Capt. C.A. McCawley, urged Lincoln Sailors to use the training they've acquired and apply it in the forthcoming months.

"As we depart Everett, it is imperative that USS Abraham Lincoln look toward excelling at whatever lies ahead, wherever we may go," said McCawley as he addressed the crew Monday morning. "From the reactor spaces to the Signal Bridge, I am confident that the hard-working professionals aboard Abraham Lincoln will exceed expectations, just as you have in the past."

After transiting South, Lincoln embarked the 2,000-plus personnel of Carrier Air Wing Two (CVW-2), along with various aircraft and equipment before steaming West.

McCawley reminded Abe's crew that



Photo by PHAN James Evans

Lincoln Sailors man the rails while friends and family members watch from the pier of Abe's home port Naval Station Everett. The ship recently departed its home port for a routine six-month deployment to the Western Pacific.

the relationship and coordination between the ship and CVW-2 are what makes the two units such a cohesive team.

"The air wing is the Abraham Lincoln Carrier Strike Group's main power of projection," McCawley said. "Together, we will continue to focus and be deliberate in our actions."

This deployment will be the first West-Pac since Lincoln's historic cruise in 2004, when Lincoln and CVW-2 Sailors responded to the Southeast Asian Tsunami disaster that occurred Dec. 26, 2004. After Operation Unified Assistance, Lincoln returned and has since been conducting readiness training in accordance to the Fleet Response Plan.

USS Abraham Lincoln is home to the Abraham Lincoln Carrier Strike Group Commander, RADM Bill Goodwin, who

said the 2006 deployment affords the strike group the opportunity to work with many coalition partners.

"The strike group will be training with coalition partners to improve our ability to operate with naval forces from many nations," Goodwin said. "The United States is committed to its alliances and will be working to develop partnerships with nations in the region to enhance security."

What the future holds for this deployment remains unknown, but the Sailors that comprise the Abe/CVW-2 team will rely on the knowledge gained while performing at sea.

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Spotlight Sailor

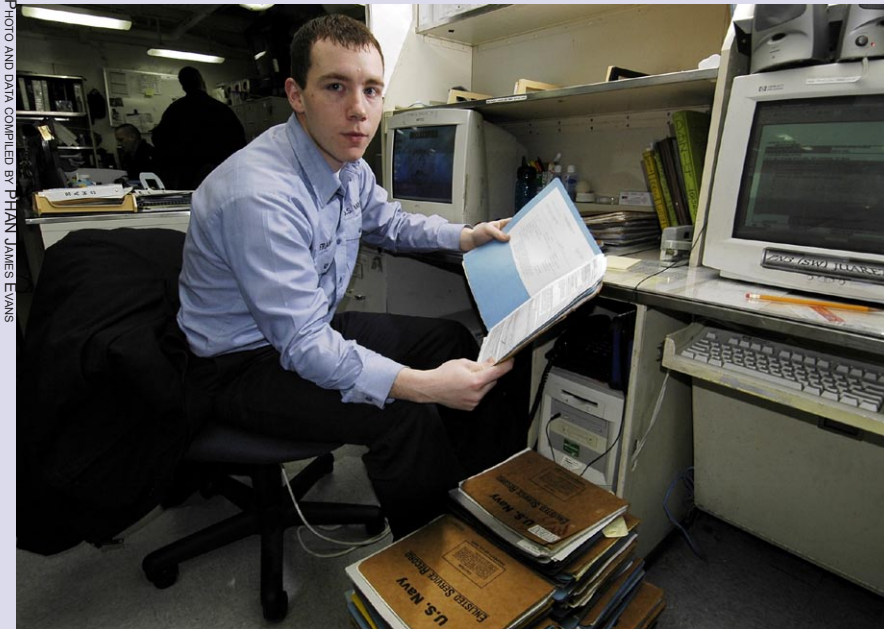


PHOTO AND DATA COMPILED BY PHAN JAMES EVANS

PSSN Dayton Franks
Admin/Y-2

Joined the Navy:

August 27, 2005

Reason he joined the Navy: "I didn't know what I wanted to be and I was looking for career opportunities."

Advice to new Sailors:

"Find a good third class who can teach you what you're supposed to be doing."

PS1 Patrick Quizmon, Franks' LPO, talks about his "Spotlight Sailors:"

"PSSN Franks is new, but he picked it up fast. He is a quick learner, and works expeditiously with little or no supervision."



March 3, 1776

First amphibious landing operation. Continental Naval Squadron, under Commodore Esek Hopkins, lands Sailors and Marines, commanded by Captain Samuel Nicholas, on New Providence Island in the Bahamas, capturing urgently needed ordnance and gunpowder.



**ATTENTION
ON DECK!!!**

Need to pay your car payment?

A monthly allotment is an electronic deduction that sends an amount of money that you specify to a financial institution. A member is allowed up to six discretionary allotments, which can be used to pay home mortgage, car payment, insurance, etc ... Stop by the disbursing office to pick up DD Form 2558, authorization to start, stop or change an allotment.

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Column

NMCRS Needs Your Help

By **FLTCM(AW/SW) JON R. THOMPSON**
Special to the Penny Press

The Navy supports two fundraising campaigns each year: the Combined Federal Campaign (CFC) and the Navy and Marine Corps Relief Society (NMCRS). The CFC drive is in our rear view mirror and now it's time to support the Navy and Marine Corps Relief Society. The campaign runs from March 1st to 31st.

Why should you support the NMCRS? I think the answer is pretty simple – Sailors and Marines have the opportunity to provide direct support to other Sailors and Marines (and their families) who are in need. This is perfect in my book. While we all hope we never need to turn to others for financial assistance, the fact is thousands of Sailors and Marines rely on the NMCRS each year. Without your generous giving, there would be no help, or at least not the help many of our own have come to appreciate.

Last year, the NMCRS processed more than 42,900 claims and provided approximately \$36 million dollars in financial assistance. More than \$33 million of that was for emergency aid and the other \$3 million was for education programs.

The mission of the NMCRS is to provide a partnership with the Navy and Marine Corps, financial, educational, and other assistance to members of the Naval services, eligible family members, and survivors when in need; and to receive and manage funds to administer these programs.

The two primary services offered by the NMCRS are interest-free loans and grants to meet emergency needs, and needs-based scholarships and interest-free loans for educational purposes.

In addition, the Society offers the following services: budget counseling services; food lockers at some locations;

infant layettes “junior seabags and budget for baby seminars; thrift shops; and visiting nurse services. Last year alone, NMCRS caseworkers handled more than 13,600 individual counseling and referral cases, as well as handed out more than 6,900 layettes and visiting nurses contacted more than 31,000 patients.

I'm not going to suggest any amount you should give, I'll leave that part up to you. I will, however, offer a few reasons why I think you should carefully consider giving to this charity.

When it comes to financial assistance, there are eight major categories of NMCRS support that each of you should be aware of:

- Emergency transportation
- Funeral expenses
- Medical/dental bills (patient's share)
- Food, rent, and utilities
- Disaster relief assistance
- Child care expenses
- Essential vehicle repairs
- Unforeseen family emergencies

When I look at this list, I quickly realize almost all of us experience one or more of these in our careers. In a perfect world, we would all be financially savvy enough to have money set aside for these types of emergencies. However, I fully realize debt is a real thing and many of you may be living payday to payday just to support your families. When an emergency strikes, it's critical each of you understand the NMCRS might offer some relief.

The educational assistance provided by the NMCRS is equally as impressive. There are four primary educational programs:

- Vice Admiral E. P. Travers Scholarship and Loan Program
- USS Tennessee Scholarship Fund
- Dependents of Deceased Service Members Scholarship Program
- Admiral Mike Boorda Scholarship Program

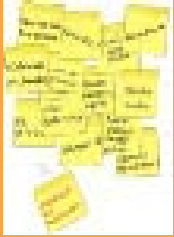


For information on any of these programs, please visit the NMCRS website at <http://www.nmcrs.org>.

Shipmates, I can't say enough about how important the NMCRS is to our service and I can only hope that Chiefs and Officers throughout the Fleet take the time to talk this program up and explain to each of you why you should give generously. I've met countless people who have used the NMCRS for assistance and when you hear the stories of those who turned to the Society when they were in need, and received assistance, you start to understand the magnitude of the total impact on our Navy and Marine Corps.

When you get your form, please think about some of the emergencies I have described this week and ask yourself if you might ever experience one of them. Life offers few guarantees and the NMCRS is OUR resource to turn to when the unexpected happens. While the Navy's goal is 100 percent contact with each and every one of you, I sincerely hope each of you choose to contribute. Even if only a little, when you add all our contributions up, it's a sum that can help thousands and thousands of our fellow Sailors and Marines! Again, please give generously!

Local News



Check out the Lincoln Post-Its for great deals on anything from cars to that new video game you've been wanting! Access from the public folder on your ship e-mail account.

USS Abraham Lincoln Safety Department's

Safety Sailor of the Week



ASAN Roberts showed his concern for Operational Risk Management (ORM) while performing maintenance on a spotting dolly. Roberts wore the proper protective equipment, safety glasses and hearing protection, ensuring his safety.

Roberts' regard for safety and ORM make him this week's "Safety Sailor of the Week."



ASAN Tommy Roberts



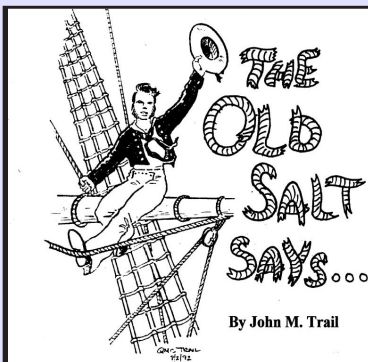
Bored?

Why not make a movie request?

Send an email to
movie_requests@lincoln.navy.mil

Want more information about filing taxes?

Sign up for an appointment with a VITA volunteer at the ship's Learning Resource Center or the Legal office.



"Log"

Hey Oppo's! Today any bound record kept on a daily basis onboard ship is called a "Log." Originally, records were kept onboard sailing ships by inscribing information onto shingles cut from wooden logs and hinged so they would open like books. This was because in the days of "iron men and wooden ships" vessels shipped a lot of white and green water and paper did not last very long in this damp environment. When ships became dryer inboard and paper became cheaper and more readily available, "Log books" were manufactured from paper and bound. Shingles were relegated to Naval Museums, but the slang term "Log" stuck.



week at a glance
photos by lincoln photo lab

Local News

For your information:

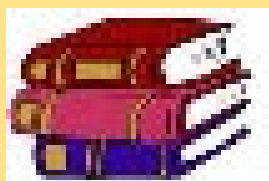


The Penny Press will
be published on Fri-
days until

further notice.



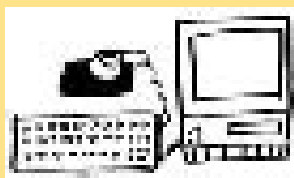
Sea Enterprise Essay Contest



Admiral Clarke envi-
sioned Sea Enterprise,
the U.S. Naval Insti-
tute-sponsored essay
contest, as an essential

pillar of his overall Navy strategy. Just
as Sea Warrior provides the right Sailor,
Sea Enterprise provides the means to have
that Sailor properly trained and educated,
serving on the right platform with the right
capability. It is important that the enlisted
voice is heard on this subject.

The U. S. Naval Institute-sponsored
essay contest deadline is now extended to
March 31, 2006. The contest has a \$15,000
first prize, \$10,000, Second Prize, and
\$5,000 Third Prize. Rules and other infor-
mation can be found
at [www.usni.org/
contests/seaenterpri-
seessay.htm](http://www.usni.org/contests/seaenterpri-seessay.htm)



Updated

Worship Schedule

Inport:

Monday - Friday

10:30 a.m. Roman Catholic Mass Chapel

Sunday

9 a.m. Protestant Worship Chapel

5:30 p.m. Roman Catholic Mass Chapel

At Sea:

Monday - Friday

10:30 a.m. Roman Catholic Mass Chapel

9:15 p.m. Catholic Rosary Chapel

Monday

7 p.m. LDS Evening Service Chapel

Tuesday

12 p.m. All Hands Bible Study I Chapel

Wednesday

7 p.m. Catholic RCIA Chapel

Thursday

8 p.m. All Hands Bible Study II Chapel

Friday

12:30 p.m. Muslim Prayer Service Chapel

8 p.m. All hands Prayer Meeting Chapel

Saturday

9 a.m. Jewish Shabbat Service Chapel

4 p.m. Roman Catholic Mass Chapel

7:30 p.m. Gospel Prayer Meeting Chapel

8 p.m. Wicca Discussion Meeting Chapel

Sunday

9 a.m. Protestant Worship Foc'sle

10:30 a.m. Roman Catholic Mass Foc'sle

11 a.m. Latter Day Saints Chapel

7:30 p.m. Gospel Worship 1st Class Mess

Contact the Command Religious
Ministries Department at J-7821 with any
questions.

Local News



Shipmates

The strength of a warship lies in the hearts and hands of its crew



Photo by PHAN James Evans

Aviation Ordnanceman Airman Brian Lusher, left, and Aviation Ordnanceman Airman Jarrell Browne, right, wait in line to fire a .50 caliber machine gun during a small arms familiarization exercise on the fantail of USS Abraham Lincoln (CVN-72).

The Abe/Broadsword team is planning a joint, mandatory all-hands Safety Stand Down/FOD Awareness Program for March 7 from 9 a.m. to 5 p.m. The date is the first day following CQs during our transit to the Hawaiian operating area.

The Safety Stand Down meets the requirements of OPNAVINST 5100.19D to conduct a stand down shortly after beginning a deployment and the foreign object damage (FOD) awareness program is being conducted at the direction of the Commanding Officer.

Tentative schedule of events:

9 a.m.-10 a.m. All-hands Safety Standdown videos on SITE TV



10 a.m.-11 a.m. Division/Squadron specific training led by divisional/squadron Safety Petty Officers

11 a.m.-1 p.m. Lunch

1 p.m.-3 p.m. FOD Awareness/Flight Deck/Hangar Bay Safety

3 p.m.-5 p.m. Static Displays available on the Mess Decks and Hangar Bay.

Editor's Top 10

Things you should never say in an Academy Awards Acceptance Speech

10. "Who cares? I mean really, who?"
9. I won what? Where am I?
8. "Wow! This is solid gold! Good bye gambling debts!"
7. "It is such an honor to be included in the same category as the other nominees, except Michael Douglas."
6. "Okay, I won, now you can all switch to the Sopranos."
5. "As a little boy, I never dreamed I'd win an Academy Award for Best Actress."
4. "I'd like to take a brief moment to tell you all about the exciting new line of Amway products."
3. "Now that I'm an academy award winner, I'd like to read a list of people who can kiss my &%#."
2. "And I'd like to thank the guy who keeps me supplied with painkillers."
1. "As I look out across the auditorium I see...loser, loser, loser..."